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AN ELEMENTARY TREATISE ON LIGHT TREATMENT FOR NURSES. By James Segueira, M.D. (Lond.), M.R.C.P. (Lond.), F.R.C.S. (Eng.), physician in charge of skin department and lecturer on dermatology at the London Hospital. London: Scientific Press, Ltd.

Although the manipulation of apparatus for light treatment does not formally appear in the curriculum of any American training-school for nurses, so far as is known to the present writer, the subject is taught in some instances to individual nurses, and is one which cannot fail to interest all nurses. Mr. Segueira's little book is just the happy medium between severely scientific and quite practical that makes its reading pleasant and profitable.

UNCOOKED FOODS AND HOW TO USE THEM: A Treatise on How to Get the Highest Form of Animal Energy from Food. By Mr. and Mrs. Eugene Christian. New York: New York Health-Culture Co., 151 West Twenty-third Street.

At the risk of being considered hide-bound and conventional, and far behind the world's progress, we confess to being utterly unconvinced by the arguments brought forward in Mr. and Mrs. Christian's book on "Uncooked Foods." The very quotation on the title-page seemed paralyzing, "As the building material is, so the structure must be."

The scorn of the profane small boy finds expression in the term "half-baked," and to go the length one is invited to by this undaunted pair of reformers—to quite unbaked—is beyond me. Most skilfully one is tempted by the picture of all one's meals every day without cooking or dish-washing. Again, to the young how alluring the thought of being pressed to take a second helping of raw carrot—that always forbidden delight. Though fire is not allowed, yet freezing is countenanced and even recommended. One longs yet fears to know what a dinner of cool raw roots and ice-cream might have to say to each other when met together inside of Barrie's Little Mary.

HINTS TO NURSES ON TROPICAL FEVERS. By S. F. Pollard, sister Army Nursing Service Reserve, late sister at Guy's Hospital. London: The Scientific Press, Ltd.

The writer with charming naïveté declares herself on the first page as writing up tropical fevers that the subject may become a means to an end. The opening chapter, which comprises between one-fourth and one-third of the book, is entitled "Hints on Going Abroad." I cannot forbear quoting the first two sentences: "The love of travel is deeply implanted in most of us, especially in these days of cheap tickets, tours,